100 YEARS OF RESEARCH

7 STEPS TO HEALTH

SCIENTIFICALLY PROVEN METHODS TO HELP YOU STOP, REVERSE, AND EVEN CURE DISEASE WITHOUT THE USE OF DRUGS, PILLS OR SURGERY

INCLUDES:
THE BIG DIABETES LIE

LEARN ABOUT THE SHOCKING DRUG-FREE DISEASE DESTROYING METHODS THAT HAVE BEEN HIDDEN AND SUPPRESSED BY BIG PHARMA FOR DECADES.

MAX SIDOROV, K.N.

7 Steps to Health and the Big Diabetes Lie (Preview eBook)

TheICTM.org

By: Max Sidorov

In cooperation with the doctors at the ICTM

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Disclaimer

Due to the laws and rules regarding health and wellness, the pharmaceutical industry along with the medical establishment has made it very difficult for anyone to even mention the word “cure” next to a disease or illness. Even though what you are about to read has been studied for decades, proven and researched as fact by medical doctors, scientists, researchers, dieticians, nutritionists, and may just as well “cure” you and restore your full health, by law I am not allowed to do so or say so. Thus, the law requires me to state the following:

This book is not in any way offered as prescription, diagnosis nor treatment for any disease, illness, infirmity or physical condition. Any form of self-treatment or alternative health program necessarily must involve an individual's acceptance of some risk, and no one should assume otherwise. Persons needing medical care should obtain it from a physician. Consult your doctor or health practitioner before making any health decision.

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About this book

The diabetes breakthroughs you're about to discover have been used successfully by tens of thousands of people in over 40 countries. Many of them completely eliminated the need for diabetes drugs and insulin injections. These methods have been studied and used by hundreds of doctors, scientists and researchers to help their patients regain their health without drugs, pills or injections.

It has been scientifically proven that type 2 diabetics can eliminate drugs and injections, while type 1 diabetics can greatly reduce the amount of insulin injections and drug dosages they need to take.

Before you read further, the biggest point I'd like to stress is the importance of proper nutrition. The food you eat, or more importantly not eat plays a much bigger role in reversing your diabetes than any drugs or fancy diets your doctor may prescribe you. Yes, this has been proven in rigorous studies, and no it's not the basic "don't drink sugary sodas or lay off the junk food" advice that all diabetics already know about.

There are no shortcuts, no magic pills and no magic powders. The only thing you need to do to is change the things you eat.

In this book I outline the often overlooked foods and food additives that contribute to your diabetes and ill health. I will also talk about the greedy pharmaceutical industry whose goal isn't actually to make you healthier. By the end you'll know exactly how to target your diabetes for destruction and begin to get your health back.

Dr. Julian Whitaker:
"Hundreds of clinical trials demonstrate that diabetes can be reversed -- not with drugs but with simple, inexpensive lifestyle measures."

Introduction

What many doctors and other health specialists practicing mainstream medicine don't realize is how important nutrition is to good health. How could they? Doctors barely get 6 hours of nutrition education for every year they are in medical school.

Doctors aren't being trained to help you; they are trained to become glorified prescription drug dispensers. And since the multibillion dollar pharmaceutical companies are the ones sponsoring and writing curriculum for medical schools, nothing is going to change anytime soon.

And this big pharma influence doesn't stop in medical school; pharmaceutical companies legally bribe doctors to prescribe you more drugs. Many doctors get kickbacks from drug companies for every drug they prescribe or certain brand of insulin meter they recommend to you.

The entire medical system is made to keep you hooked on drugs for life while lining the greedy pockets of pharmaceutical companies. Nobody wants to cure you or make you get better. Everything is made to keep you as sick as possible, thereby guaranteeing profits to them for life.

Sounds grim? Well it is. Think about it. If your diabetes goes away, they lose a customer. They can't sell you any more insulin pumps, glucose meters or monthly drug refills. That's tens of thousands of dollars lost from every patient. This is why they have absolutely no intention of helping you get better. If they were actually in the health business, they'd be putting themselves out of business.

I couldn't just sit there and watch so many diabetics suffer and struggle their entire lives, which is why I wrote this book. In this book I cover the many aspects of proper nutrition and how it relates to perfect health. Countless scientific studies over the years have shown that proper nutrition is many times **more effective** than most drugs and pills at reversing, curing and eliminating disease.

I think you deserve to know the truth regarding our medical system, food and drug system, and health policy. I think you deserve to know what is being done and not being done to keep you sick and unhappy, and I want to shed some light on what is *actually* important and what *actually* matters. And I think you deserve to know that the most common notions you have been told about the food you eat, and about health and disease are wrong:

- Hoping that drug manufacturers or genetic research is eventually going to discover the miracle pill to “cure” any disease is ignoring the decades of

scientific studies and research that already prove how diseases can be reversed and prevented with diet alone.

- Chemicals in the environment, as bad as they might be, as well as your "predisposition" to disease are not the main causes of most illnesses.
- The genes that you inherit from your parents are not the most important factors that will determine whether you will suffer from any illnesses or diseases.
- Controlling any one aspect of your diet, for example carbohydrates, fats, protein, or any one nutrient is not going to lead to any strong improvement in your health.
- Drugs and surgery DO NOT cure the diseases that kill most people today.
- Most likely, you doctor has absolutely no idea what you need to do to be the healthiest that you can be.

The health industry, just like any other industry, is just that; an industry. And the sole purpose of any giant mainstream industry is to increase profits. How does the health industry make money? They need **more and more** unhealthy people each year who will buy their products. What would happen if people became healthy, and happy? That's right, the whole industry would collapse overnight, and all their billion dollar profits would disappear.

Drugs and pills are not made to cure you. Their goal is to relieve your symptoms to make you FEEL better and trick you into believing it worked. They run an industry to increase their profits, they do not want you to become healthy and slim, and their billions of dollars **depend** on you staying sick and unhealthy.

I want to dispel all the mystery and confusion and bring you to the foundation of your **TRUE** health and wellbeing.

Countless scientific studies (which I will get to later on) over the years have proven that simple dietary and lifestyle changes work much better than conventional methods involving drugs and surgery and without the side-effects. When you take drugs, you still LIVE with the disease you are treating. You still LIVE with the side-effects from the disease while throwing away your money on pointless pills. When you start eating right, when you eliminate the harmful oils, fats, and foods, your diabetes goes into remission and overtime even disappears - and with it disappear all the horrible side-effects. Without the use of drugs, pills, surgery or injections.

And trust me, you are going to be quite angry when you see for yourself what the drugs and pills that you might be taking really do to you - and why you never even had to take them in the first place.

Tomorrow's Medicine

"Let thy food be thy medicine and thy medicine be thy food"
-Hippocrates

2500 years ago, Hippocrates, the "Father of Medicine", said to his students, "Let thy food be thy medicine and thy medicine be thy food". Moses Maimonides, the great 12th century physician, repeated the Hippocratic statement when he said, "No illness which can be treated by diet should be treated by any other means". In essence, Hippocrates and Maimonides were insisting that their students practice nutrition therapy, healing the body not by pills, drugs, or surgery, but by changing the things you eat. This type of medical therapy is being used by doctors today, but only by a very small minority.

If you went to your mechanic because there was a loud noise coming from the car and instead of fixing the problem he gave you some ear plugs, would you be satisfied? If a red warning light started blinking and all your mechanic would do is remove the light, would you be happy? This is the same problem with doctors. When you go to a doctor, many of them don't tell you how to cure your disease or ailment but prescribe pills to fight the SIDE EFFECTS of this problem. The drugs simply turn off the warning lights that your body is frantically flashing.

High cholesterol? They tell you to take some cholesterol lowering drugs without analyzing you body to find out WHY you have high cholesterol. High cholesterol is a warning sign of something much worse.

Have heart disease? Blocked arteries? They say you need heart bypass surgery or blood thinning drugs. They never tell you how to clear up your arteries or reverse your heart disease.

Do you have diabetes? The doctor puts you on drugs, and makes you measure your blood sugar daily. None of these things will ever cure diabetes, they are just treatments.

Have you ever wondered why some people have diabetes, heart disease, high cholesterol and other illnesses while others don't? It's all very simple - they eat different foods.

Doctors are not trained in nutrition; they are trained to prescribe drugs and other medicines. They are not allowed by law to even mention natural ways to cure illness or disease using anything other than prescription drugs.

Toximolecular medicine, used by the majority of doctors (especially in the past 50 years) is the administration of drugs at sub-lethal levels to cover up diseases or ailments. Drugs, of course, are alien chemicals which serve to cover-up the disease - to mask it, help relieve symptoms, but never to eliminate the real cause. They offer symptomatic relief but often at the cost of severe and dangerous side effects (if you read the side effect list on some of the most popular drugs, they actually cause much more problems than they solve).

Drugs create dependence on the part of the patient and often complicate the doctor's job by masking or alleviating the symptoms, which are valuable clues as to the real source of the disease or illness.

Of course drugs can save the life of an ill patient, as can surgery and the other techniques at which doctors are very good at. But the paradigm is changing. The common practice of using drugs or surgery to treat what is caused by nutritional deficiencies is slowly on its way out the door. As a doctor in Dublin recently said, "The evidence for nutritional therapy is becoming so strong that if the doctors of today don't become nutritionists, the nutritionists will become the doctors of tomorrow."

Patrick Holford, Director of the Institute for Optimum Nutrition in London which is at the forefront of research and education in this field, makes this very clear: “Tomorrow's medicine will not be about using nutrients instead of drugs. It will be about looking through a new pair of glasses which reveal the true causes of disease. In most cases these lie in faulty nutrition, pollution, stress, negativity, addiction and lack of exercise - the greatest cause of all being ignorance. The original meaning of the word 'doctor' is "teacher or learned man" and that is perhaps the most important role a health professional can perform.”

Let’s figure out the basics first. We do not have a headache because of a lack of Tylenol, and we don’t develop diabetes because of a lack of Metformin. Our stomachs don’t get upset because of a lack of Pepto-Bismol, and I’m sure we don’t get high cholesterol because of a lack of cholesterol lowering drugs. Do you see where I’m going?

Tylenol does not cure your headache, it just stops you from feeling it, Metformin does not cure diabetes, it just makes your liver release less glucose, and Aspirin thins the blood which “seems” to help with heart disease, but why was the blood thick anyway? Why did you have a headache? Why is there so much glucose in your blood? What is the CAUSE of all those diseases? Has anyone ever asked what the

real cause of their disease was instead of just taking a pill to make the symptoms go away?

The entire approach and foundation of Orthodox Medicine is based on Luis Pasteur's *Germ Theory*, a flawed concept. A disease condition is viewed by the orthodoxy as an isolated event, confined to the area in which it manifests itself (E.g. an ear infection, eye infection, gum infection, lung cancer, skin cancer, diabetes, heart disease, etc.). Under this theory, *for unknown reasons*, microbes or tumors indiscriminately grow in the patient and must be cut (surgery), burned (radiation), or poisoned (drugs) out of the body. In the orthodox model, the solution is sought through **mechanical** and **chemical** means. Seeking to understand WHY the infection or disease condition appeared in the first place, is not explored. The quick fix with a prescription for drugs to smother the symptoms is the typical orthodox 'answer'.

A contemporary of Pasteur, **Antoine Bechamp**, had a different opinion as to why disease conditions 'took hold'. Bechamp felt that the ENVIRONMENT, or the ECOLOGY of the blood played the critical role in deciding whether disease conditions would manifest or not.

It is important to discover the **stressors** (environmental, biological, chemical, psychological, and emotional) in a patient's life that cause a *weakening* of a particular bodily system; which in turn allows the manifestation of a disease condition in a weakened area. In order to maintain a state of health, all systems within the body need to exist in a state of **balance** or **equilibrium**. Imbalance leads to conditions of discomfort (dis-ease) which eventually spirals into ill health if not corrected. The Chinese and Indians (Ayurvedic medicine) had worked all of this out **thousands of years** ago.

Orthodox or Allopathic Medicine utilizes poisonous substances (drugs) in non-lethal dosages in order to suppress symptoms in an affected area. ***This approach neither addresses the cause of the disease condition, nor is it responsible for healing the patient***. Rather, the use of drugs often will **temporarily mask** the outer manifestations of the malady, while at the same time, drive the disease deeper into the body...**only to reappear at a later date, as a more serious, and chronic health threat**. One of the many flaws of the orthodox approach is that it focuses on the disease condition itself, *rather than the patient*. The term **holistic** (or holistic) originally sprang up to distinguish those physicians whose diagnostic methods consider all of the physical and emotional factors interacting with the patient.

Why is medicine these days so concerned about the symptoms, why do we have so many drugs for so many diseases? Every year there is a thousand new diseases added to the list. It's because treating the symptom is much more profitable for the billion dollar drug companies than curing the cause.

There are a few principles guiding the pharmaceutical “business of diseases,” and none of them have anything to do with your health. The financial interests of the pharmaceutical industry do not lie in the cure or prevention of the common disease - the maintenance and expansion of diseases is the only way for the financial growth of this industry. A key strategy to accomplish this goal is the development of drugs that merely mask symptoms while avoiding the curing or elimination of diseases. This explains why most prescription drugs marketed today have no proven efficacy and merely target symptoms.

Medical doctors are not trained in nutrition; they are trained in drugs, drugs, and more drugs. Asking a doctor about nutrition is like asking a train conductor about brick laying.

The monumental rise of the pharmaceutical industry seen in the last couple of decades should be followed by the reduction of diseases right? Since there are thousands upon thousands of drugs for every possible disease or illness, people should be feeling better, healthier, more vibrant and full of energy, right? You would think so. But the fact is, EVERY SINGLE disease is on the rise EVERY SINGLE year!

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Leading Causes of Death

Cause of Death	Deaths
Diseases of the Heart	710,760
Cancer (Malignant Neoplasms)	553,091
Medical Care[11]	225,400
Stroke (Cerebrovascular Diseases)	167,661
Chronic Lower Respiratory Diseases	122,009
Accidents	97,900
Diabetes Mellitus	69,301
Influenza and Pneumonia	65,313
Alzheimer's Disease	49,558

Death by Health Care

Number of Americans Per Year Who Die From:	
Medication Errors[13]	7,400
Unnecessary Surgery[14]	12,000
Other Preventable Errors in Hospitals[11]	20,000
Hospital Borne Infections[11]	80,000
Adverse Drug Effects[15]	106,000

The last and largest category of "Adverse Drug Effects" are people who die from unintended and undesired effects of a drug, ***at normal doses.*** Even with the use of approved medication and correct procedures, over two hundred thousand people die every year from the medication that is supposed to be making them healthier. More than 33,000 soldiers have died in the war in Iraq since 2003, that means every single year three times more people die from prescription medication than all the soldiers fighting in an actual war. There is a war happening right in our homes.

"Statistics prove prescription drugs are 16,400% more deadly than terrorists"

A tragedy happened on September 11th which will be remembered for centuries. 2,996 people lost their lives and thousands more injured as four commercial airlines crashed that day. But what if six jumbo jets crashed every single day for an entire year totaling 783,936 deaths? Wouldn't that be a cause for concern, some grounds

on which to look over the airline industry, a valid reason to inspect airplanes or maybe totally get rid of them?

Well, according to the groundbreaking 2003 medical report Death by Medicine, by Drs. Gary Null, Carolyn Dean, Martin Feldman, Debora Rasio and Dorothy Smith, 783,936 people in the United States die every year from conventional medicine mistakes. 106,000 of those are from properly prescribed prescription drugs, according to Death by Medicine. That also is a conservative number. Some experts estimate it should be more like 200,000 because of unreported cases of adverse drug reactions. That's three times deadlier than automobile fatalities.

This makes prescription drug death the fourth leading killer after heart disease, cancer and stroke. Look at these numbers more carefully, that's about 300 deaths **per day** from regular prescription drugs, yet when an airplane crashes it gets more media attention and governmental scrutiny than the 300 medication-related deaths which occurred not only on the same day as the airline crash, but also every day before and after for decades.

"Prescription drugs…account for more deaths each year than all murders, auto accidents and airplane crashes combined. It is estimated that 100,000 people die every year from the adverse effects of prescription drugs, and 1 million are injured so severely they require hospitalization." **Thomas Moore**, "*Prescription drug risks are too high*" The Miami Herald, April 12, 1998, p. 6L.

"It has been estimated that fatalities directly attributable to adverse drug reactions are the fourth to sixth leading cause of death in US hospitals, exceeding deaths caused by pneumonia and diabetes. The economic burden resulting from drug-related morbidity and mortality is equally significant and has been conservatively estimated at $US30 billion dollars annually, and could exceed $US130 billion in a worst-case scenario." **White TJ, Araakelian A, Rho JP**, "*Counting the costs of drug-related adverse events*" Pharmacoeconomics, 15(5): 445-58, May 1999.

"David Lawrence, CEO of Kaiser Permanente, the nation's oldest HMO, calls medication errors 'the number one public health risk in the United States, ahead of tobacco, alcohol, [illegal] drugs, or guns." **Ted Sandoval**, "*Cutting Medication Errors Requires Proactive Steps*" Web MD, Medcast, June 20, 2000.

All drugs have negative side effects, even aspirin. However, prescription drugs have far more potentially dangerous side effects than do over-the-counter medications. Most people who take these drugs according to their physicians' directions do not experience serious side effects, but some do. Some people have severe allergic reactions, some suffer heart attacks or seizures, and some experience organ damage because of the prescription drugs they take. One of the most common serious drug

problems is liver damage because most medicines taken by mouth are ultimately processed through the liver.

In addition to the negative side effects induced by individual drugs, some drugs interact negatively with certain foods or with other drugs.

"With so many people on so many pills, small wonder that part of the increase in healthcare costs is illness caused by drug interactions. A Queen's University study of seniors' medication released in January, for example, found that in 96% of cases studied, doctors' knowledge of their patients' medication use was inaccurate. On average, the patients had a daily dose of seven medications." **Candis McLean**, "*The real drug pushers*," Report Newsmagazine, March 19, 2001.

So why are people becoming sicker and sicker, even with the advancements in healthcare? You must understand that the whole idea of disease eradication is by its very nature incompatible with, and completely opposed to the interests of the pharmaceutical investment industry. The elimination of diseases will eliminate the multibillion dollar profits, and thus destroy the whole industry. Most pharmaceutical companies are publicly traded corporations whose ONLY object is to increase profits. Their sole interest is selling you drugs for your symptoms, so you keep on coming back for more. They take advantage of peoples' vulnerabilities and sell you ineffective drugs with so many side effects that you will need a few more kidneys and livers just to deal with these toxic poisons.

At best, most drugs just suppress the symptoms of diseases only for a short while. However, because they are making the body do something unnatural, and because they are made from highly poisonous chemicals, they cause other bodily systems to fail causing a snowball effect where more drugs are needed to cope with the side effects of previous drugs and so on.

If you are taking non-prescription over the counter or prescription drugs on a regular basis, and you are under the age of 60, it is a well known fact that these drugs WILL cause you serious medical conditions later on in life. Just read the complications and side effects printout with your medication.

"In every year since 1982, the drug industry has been the most profitable in the United States, according to Fortune magazine's rankings. During this time, the drug industry's returns on revenue (profit as a percent of sales) have averaged about three times the average for all other industries represented in the Fortune 500."
-Public Citizen Report, "Rx R&D Myths: The Case Against the Drug Industry's R&D 'Scare Card," July 23, 2001.

Legendary economist Paul Zane Pilzer has written, “What we call the ‘health care’ business is really the sickness business. The $1.4 trillion we spend on medical care is concerned with treating the symptoms of sickness. It has very little to do with being stronger or healthier.” Pilzer predicts that wellness is destined to become a trillion dollar industry.

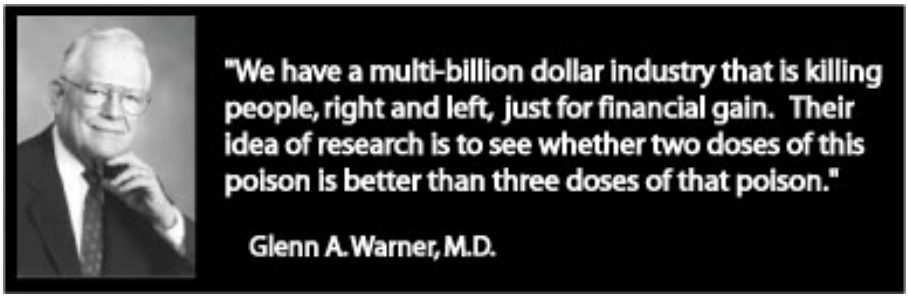
Think about it, if your doctor has, let’s say, 300 patients, and they all become healthy – nobody is coming into his office anymore, he's broke! What incentive does he have to keep you healthy? None! This may sound a little harsh but even the hands of the good doctors are tied, because even if they do know some alternative treatment, they can only prescribe drugs and surgery or risk losing their license, being sued, ridiculed, or thrown out of high job positions, as many honest doctors already have been.

A *cured* patient is a lost source of income. A sick patient who is marginally "improved" is a *manageable* patient.

“This guy’s doctor told him he had six months to live. The guy said he couldn’t pay his bill. The doctor gave him another six months.”

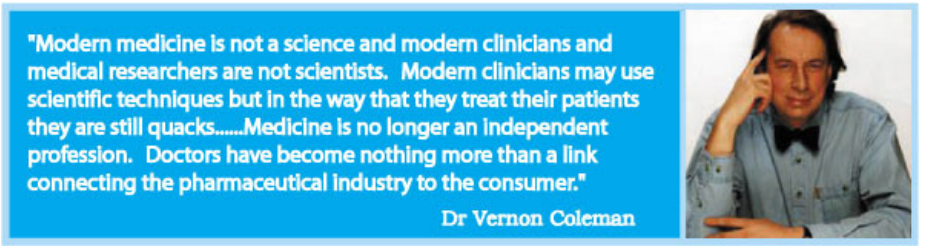
Managing patients means routine office visits and renewing of drug prescriptions. Therefore, a manageable patient is a continuing source of income; a cash cow if you will. Multiply that by a few billion people and you get an idea why this deceit is being put upon you. The profits from the so called "health-care" industry are staggering!

The thrust of the pharmaceutical agenda is to provide **temporary relief**, while never addressing the **cause** of the disease condition. This agenda insures regular visits to the doctor's office and requires the patient to routinely return to the pharmacy to refill his prescriptions. This is what the game is all about folks, plain and simple. Deny it, or understand how the system works and get healthy; it’s your choice.



"People think the FDA is protecting them. It isn't. What the FDA is doing and what the public thinks it's doing are as different as night and day."

Former commissioner of the FDA, Dr Herbert Ley, in testimony before a US Senate hearing. (This doesn't just apply to the United States; the multi-billion dollar drug companies have their grasp on every country in the world)



"They are running a monopoly and they will lie, cheat and steal to keep it that way."

--- Dr Eva Snead

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Clinical Trials

Let's look at these so called "scientific studies" which drug companies use to push their drugs or discredit natural remedies. The fact is that studies are funded by someone, and are commissioned for a specific reason. They are either requested to prove something works or to prove that something doesn't work. Studies paid for by pharmaceutical companies are never commissioned to find the truth. They are paid for to give a specific and preplanned result. Drug companies have specific ways in which they organize studies.

First, they produce secret studies to get some preliminary information on how to conduct the final study that will give them the required result. These preliminary studies are never released to the public and are only done to find the best way to organize the final study to give the drug companies the desired end result. Drug companies fund 99% of all studies, directly or indirectly. To hide the fact that a drug company is funding a particular study, sometimes the funding is 10 times removed! By channeling money through smaller companies, groups, foundations, and institutes the study seems like it is honest and truthful. These studies that produce results and supposedly "prove" that a particular drug is safe and effective are completely false and misleading!

For example, first they run studies to find out what kind of person has the least adverse reaction to their new drug, or no reaction at all. Then they test various doses of the drug to figure out one that has the least side effects. Let's say they find that 45 year old physically fit healthy females are the least prone to side effects. In their final study they then recruit mostly 45 year old physically fit healthy females, and get their desired end result.

If you were a dishonest crook whose only motive was money, and you were funding a study to prove the effectiveness of your product. Wouldn't you try absolutely everything to get the desired results? Especially if billions of dollars were at stake?

Once the FDA approves the medication or a drug for use by the general public, they know less than half of the serious adverse drug reactions. It is just impossible to know them all. So how do they find out the others? Well, it's owing to you, the public, or what is called, "the great clinical trial." It is you who finds out. You are the guinea pig.

You might be wondering why such a small amount of drugs get taken off the market even though there are so many deaths.

"It is a voluntary reporting system. Less than one percent of these adverse drug reactions are really reported back to the FDA, because doctors and hospitals are not required to report them back. It is voluntary. Then, it is reported to a committee in

the FDA that has no authority. Once enough of these red flags come in on a drug, then they'll send it back to the original committee that approved the drug in the first place. I do not feel that they have an unbiased representation when they look at this. That's why over 99 percent of the time all that happens is a change to the drug label or what we call a package insert. This usually goes unnoticed even if they send out a "dear doctor" letter warning doctors about these drugs, and that they better be careful here. There have been studies that show doctors don't pay much attention to that. So it's not a very good system."
Dr. Ray Strand

The final studies are usually done on healthy individuals and many times not even in the age category the drug is marketed for! For example, a clinical trial might over-select young, healthy subjects when the drug being tested is intended for use primarily on older patients.

"Rochon et al. found that only 2.1 percent of subjects in trials of nonsteroidal anti-inflammatory drugs were 65 years of age or older, even though these drugs are more commonly used and have a higher incidence of side effects in the elderly." Bodenheimer T, "Uneasy Alliance-Clinical Investigators and the Pharmaceutical Industry," New England Journal of Medicine, 342(20), May 18, 2000.

Critics of the FDA point out the agency's close ties to the big drug companies as one of the problems in the drug approval process. A USA Today report found that more than half the advisors to the FDA have "financial relationships" with drug companies that have an interest in FDA decisions (De Angelis C, "Conflict of Interest and the Public Trust," JAMA, Nov 1, 2000). But even if panel members involved in approving a drug are scrupulously honest, they still depend on data from that company's clinical trials to approve the drug as safe and efficacious, and the data can be misleading.

"Efforts by drug companies to suppress, spin, and obfuscate findings that do not suit their commercial purposes were first revealed to their full, lethal extent during the thalidomide tragedy. Although government drug regulation schemes around the world are now in place, the insidious tactics of Big Pharma have changed little." "The Tightening Grip of Big Pharmaceutical Companies," Editorial, The Lancet, April 14, 2001.

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Unwanted Results are not Published

Results showed that industry-sponsored studies were **3.6** times more likely to have results that favored the industry than studies with no financial ties to the industry. Drug companies *publish* only a fraction of the studies they fund -- the ones that *promote their drugs*. If a study does not have findings that are favorable to its product, it is unlikely it will ever make it into a journal for publication.

There are simply thousands of scientific studies out there that have never been seen by you or your physician because they have been screened out by editors and reviewers who are being paid to uphold an industry agenda.

Published studies overwhelmingly favor the funding company's drug. Whichever drug is manufactured by the study sponsor is the drug that comes out on top, *90 percent of the time!*

Selectively omitting negative results from clinical trials can actually be deadly to your health. Merck & Co. proved this statement when during clinical trials of their Vioxx drug they concealed the fact that three patients suffered heart attacks. They conveniently omitted this data (along with other relevant findings) from the copy of the study they submitted to the *New England Journal of Medicine* for publication. The omissions were uncovered years later during the 7,000 Vioxx lawsuit litigations.

What Happens to Those Who Speak Out?

Intimidating phone calls, direct threats, loss of funding, bans from organizations, loss of licenses, ridicule etc.

In one case, Dr. Buse, an endocrinologist who is the incoming president of the American Diabetes Association, presented data in 1999 about his concerns about the risks of Avandia. Dr. Buse was intimidated with multiple phone calls by drug company officials. They suggested he could be financially liable to the company for $4 billion in lost revenues due to his "unscrupulous remarks."

Court evidence now available on-line at the University of California library shows drug giant Merck systematically targeted "hit-lists" of doctors in order to discredit, neutralize, ridicule, or destroy the critics who spoke out against the safety and effectiveness of Merck's drugs.

The methods used to do this included threatening to cut research funding and attempting to block academic appointments. Remember, drug companies do not

want to save lives and will do anything to stop a whistleblower from telling the truth, even if it's a doctor or scientist.

One memo from a drug company stated: "we may need to seek them out and destroy them where they live…."

Too Big to Nail

Drug companies these days are almost completely safe from any prosecution for their crimes or wrongdoings. A CNN report from April 2, 2010 reveals the truth about how shielded these huge drug companies really are.

For example, the world's largest pharmaceutical company Pfizer engaged in illegal promotion of their drug Bextra for off-label use, even though they knew it was associated with an increased risk of stroke and heart attacks. In 2005 it was pulled from the market but not before many people were damaged by its use.

Federal prosecutors quickly realized that convicting Pfizer would be a corporate death sentence since any company convicted of major health care fraud is excluded from Medicare and Medicaid. So they cut Pfizer a deal. Just as the big banks on Wall Street were deemed "too big to fail," Pfizer was deemed "too big to nail."

Prosecutors claimed the financial losses to shareholders and job losses by Pfizer would be too great from being excluded from the Medicare/Medicaid programs. Prosecutors then went ahead and charged a Pfizer subsidiary Pharmacia & Upjohn Co. instead (this company was incorporated the very same day its lawyers filed a guilty plea, kind of like a sacrificial lamb created specifically for this purpose).

In the end, all Pfizer lost was about three month's profit, but all contracts, including those with Medicaid and Medicare, were spared.

There are hundreds of examples like these, and the moral of the story is; governments or giant corporations don't give a hoot about you or your health.

So What?

Where does all this leave you, the patient or caregiver? Well, hopefully, it leaves you **somewhat skeptical** about claims by the pharmaceutical "industry" that all therapies not sold by Bristol-Myers-Squibb or Merck or Abbott Labs or whoever are **"unproven"** and therefore pure **"quackery."**

I hope this also leaves you skeptical about whose side your doctor is really on and to seriously think about taking your health into your own hands (which you're already doing by reading this book).

As a bare minimum, to avoid being damaged by this system, you **must** educate yourself. You must be prepared to get more than one opinion. Then, when you've found the doctor (or homeopath or naturopath) that you trust, you **must be prepared to co-doctor** with him or her throughout your treatment. Better yet, get the knowledge you need and heal yourself.

This book is designed to end **blind** faith and trust in our system of "treatment" and arm you with the power to search beyond it and heal yourself. Faith is fine, if it derives from the power of knowledge.

You Have The Power -- Use It

We're going to arm you with **information** -- from books, the Internet, newsletters, magazines and any other source. You will be able to **take charge** of your health. We are hoping you will not be satisfied with **treating symptoms**. You will want to **treat causes**.

But before you can treat causes, you need to understand them.

The truth is drug companies have become the largest sponsors of medical research. They are *selling* a product.

The bottom line is the drug companies aren't going to protect you. The government won't protect you.

The American Medical Association won't protect you (or any other corrupt medical organization or association for that matter).

And it is highly unlikely that your physician can protect you either -- even a well-meaning one -- when he or she is operating within a system that has become RIGGED for Big Pharma profit.

Only YOU can protect yourself.

Importance of Proper Nutrition

The research is out there; the studies, findings, and evidence all show that we need to redefine how modern medicine goes about treating and curing disease. What you will also realize as you read on, is that the medical establishment is not actually interested in making you healthy and does everything in their power to keep it that way. The only person who is going to make you healthy is **you**.

Some of the findings published in the most reputable scientific journals, show that;

- Dietary change can enable diabetic patients to go off their medication.
- Heart disease can be reversed with diet alone.
- Consuming store bought pasteurized dairy foods can increase the risk of prostate cancer and other types of cancer (raw dairy products on the other hand are very beneficial for health and can be consumed).
- Kidney stones, diabetes, headaches, migraines, Lupus, and many other diseases can be reversed by diet alone.
- Type 1 diabetes, one of the most devastating diseases that can fall upon a child is convincingly linked to infant feeding practices.

All these findings demonstrate that a proper diet is the most powerful weapon we have against disease and illness. An understanding of this scientific evidence is not just important to keep you healthy; it also has profound consequences for our *entire society*. We must understand why such a gross misunderstanding dominates our society, why we have been so greatly mistaken in our understanding of diet and disease, and what exactly we must do to promote health and treat disease.

We all know how sick our nation is, there is no need for me to tell you that. We all know that every single disease including cancer, heart disease, diabetes, infectious diseases, degenerative diseases etc, are all on the rise and that most people have a health problem that requires taking a prescription drug every week. We all know that depression is on the rise, psychotic disorders are on the rise, people are feeling unhappy, and the overall quality of life is decreasing.

I'm not going to bore you with numbers or complex figures. What I'm going to do is give you a much bigger picture, a totally different perspective on diet and nutrition which you probably have not heard before. I will give you principles, not confusing numbers. Guidelines which will give you a solid foundation with which you can customize your own diet to fit you own needs. It will be simple, but might not be easy!

The most important idea to understand is that there is really only ONE disease; the malfunction of our cells. A cell malfunction can be traced to two causes; deficiency and toxicity. By addressing these two causes through nutrition (and stress reduction) almost all disease can be cured and reversed. The most important aspect is *nutrition*. It all comes down to three things; breakfast, lunch and dinner.

I can remember when I was young, and how and what my family would eat. We never really gave much thought to which foods we were eating, which foods were best, or which foods should be avoided; we pretty much just ate what everyone else did. Nobody really told us what foods were good, we just ate what was available, what was tasty or convenient, or what our parents taught us to eat. Most of us live within strong cultural and societal boundaries which define the way we eat, our preferences and habits. It is not until only until some years ago that diet became a hot topic, and then all the confusion began!

Most people that I question have quite a few diet tips, advice, or guidelines. They think they know what to eat and strongly believe that they know what should be done. Yet, the more I listened, the more I understood just how much confusion, junk-science, and "fads" have overtaken peoples' minds. So what do you say we put an end to all the confusion? Lets crack open the fresh new understanding that will lead you on a road full of discoveries, smiles, and happiness!

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The Big Diabetes Lie

Our Deadly Diabetes Deception

"Greed and dishonest science have promoted a lucrative worldwide epidemic of diabetes that honesty and good science can quickly reverse by naturally restoring the body's blood-sugar control mechanism"

Nexus Magazine, Volume 11, Number 4, 2004

Thomas Smith

Introduction

If you are a diabetic, your physician will never tell you that most cases of diabetes are curable. In fact, if you even mention the "cure" word around him, he will likely become upset and irrational. His medical school training only allows him to respond to the word "treatment". For him, the "cure" word does not exist. Type 2 diabetes, in its modern epidemic form, is a curable disease and has been for at least 40 years. In 2001, the most recent year for which US figures are posted, 934,550 Americans needlessly died from out-of-control symptoms of this disease.

Your physician will also never tell you that, at one time, strokes, both ischemic and hemorrhagic, heart failure due to neuropathy as well as both ischemic and hemorrhagic coronary events, obesity, atherosclerosis, elevated blood pressure, elevated cholesterol, elevated triglycerides, impotence, retinopathy, renal failure, liver failure, polycystic ovary syndrome, elevated blood sugar, systemic candida, impaired carbohydrate metabolism, poor wound healing, impaired fat metabolism, peripheral neuropathy as well as many more of today's disgraceful epidemic disorders were once well understood often to be but symptoms of diabetes.

If you contract diabetes and depend upon mainstream medical treatment, sooner or later you will experience one or more of its symptoms as the disease rapidly worsens. It is now common practice to refer to these symptoms as if they were separable, independent diseases with separate, unrelated treatments provided by competing medical specialists.

It is true that many of these symptoms can and sometimes do result from other causes; however, it is also true that this fact has been used to disguise the causative role of diabetes and to justify expensive, ineffective treatments for these symptoms.

Epidemic Type II diabetes is curable. By the time you get to the end of this book, you are going to know that. You're going to know *why* it isn't routinely being cured. And, you're going to know *how* to cure it. You are also probably going to be angry at

what a handful of greedy people have surreptitiously done to the entire medical community and to its trusting patients.

The Diabetes Industry

Today's diabetes industry is a massive community that has grown step by step from its dubious origins in the early 20th century. In the last 80 years it has become enormously successful at shutting out competitive voices that attempt to point out the fraud involved in modern diabetes treatment. It has matured into a religion. And, like all religions, it depends heavily upon the faith of the believer. So successful has it become that it verges on blasphemy to suggest that, the kind high priest with the stethoscope draped prominently around his neck is a charlatan and a fraud. In the large majority of cases, he has never cured a single case of diabetes in his entire medical career.

The financial and political influence of this medical community has almost totally subverted the original intent of our regulatory agencies. They routinely approve death-dealing, ineffective drugs with insufficient testing. Former commissioner of the FDA, Dr Herbert Ley, in testimony before a US Senate hearing, commented: "People think the FDA is protecting them. It isn't. What the FDA is doing and what the public thinks it's doing are as different as night and day." [2]

The financial and political influence of this medical community completely controls virtually every diabetes publication in the country. Many diabetes publications are subsidized by ads for diabetes supplies. No diabetes editor is going to allow the truth to be printed in his magazine. If a diabetes magazine starts putting up stories of how to cure your diabetes naturally, then what would be the point of having ads for drugs and supplies? Drug companies would stop sponsoring the magazine and it would go out of business. The only way the magazine can survive is by printing stories of how great the drugs are. This is why the diabetic only pays about one-quarter to one-third of the cost of printing the magazine he depends upon for accurate information. The rest is subsidized by diabetes manufacturers with a vested commercial interest in preventing diabetics from curing their diabetes. When looking for sources that tell the truth about diabetes, look first to see if it is full of ads for diabetes supplies.

And then there are the various associations that solicit annual donations to find a cure for their proprietary disease. Every year they promise that a cure is just around the corner—just send more money! Some of these very same associations have been clearly implicated in providing advice that promotes the progress of diabetes in their trusting supporters. For example, for years they heavily promoted exchange diets, which are in fact scientifically worthless—as anyone who has ever

tried to use them quickly finds out. They ridiculed the use of glycemic tables, which are actually very helpful to the diabetic. They promoted the use of margarine as heart healthy, long after it was well understood that margarine causes diabetes and promotes heart failure.

If people ever wake up to the cure for diabetes that has been suppressed for 40 years, these associations would soon be out of business. But until then, they nonetheless continue to need your support.

For 40 years, medical research has consistently shown with increasing clarity that diabetes is a degenerative disease directly caused by an engineered food supply that is focused on profit instead of health. Although the diligent can readily glean this information from a wealth of medical research literature, it is generally otherwise unavailable. Certainly this information has been, and remains, largely unavailable in the medical schools that train our retail doctors.

Prominent among the causative agents in our modern diabetes epidemic are the engineered fats and oils that are sold in today's supermarkets.

The first step to curing diabetes is to stop believing the lie that the disease is incurable.

Diabetes History

In 1922, three Canadian Nobel Prize winners, Banting, Best and Macleod, were successful in saving the life of a fourteen-year-old diabetic girl in Toronto General Hospital with inject able insulin. [6] Eli Lilly was licensed to manufacture this new wonder drug, and the medical community basked in the glory of a job well done.

It wasn't until 1933 that rumors about a new rogue form of diabetes surfaced. This was in a paper presented by Joslyn, Dublin and Marks and printed in the *American Journal of Medical Sciences*. This paper, "Studies on Diabetes Mellitus", [7]discussed the emergence of a major epidemic of a disease which looked very much like the diabetes of the early 1920s, only it did not respond to the wonder drug, insulin. Even worse, sometimes insulin treatment *killed* the patient.

This new disease became known as "insulin-resistant diabetes" because it had the elevated blood sugar symptom of diabetes but responded poorly to insulin therapy. Many physicians had great success in treating this disease through diet. A great deal was learned about the relationship between diet and diabetes in the 1930s and 1940s.

Diabetes, which had a per-capita incidence of 0.0028% at the turn of the century, had by 1933 exploded by 1,000% in the United States to become a disease seen by many doctors. [8] This disease, under a variety of aliases, was destined to go on to wreck the health of over half the American population and incapacitate almost 20% by the 1990s. [9]

In 1950, the medical community became able to perform serum insulin assays. These assays quickly revealed that this new disease wasn't classic diabetes; it was characterized by sufficient, often excessive, blood insulin levels.

The problem was that the insulin was ineffective; it did not reduce blood sugar. But since the disease had been known as diabetes for almost 20 years, it was renamed Type II diabetes. This was to distinguish it from the earlier Type I diabetes, caused by insufficient insulin production by the pancreas.

Had the dietary insights of the previous 20 years dominated the medical scene from that point and into the late 1960s, diabetes would have become widely recognized as curable instead of merely treatable. Instead, in 1950, a search was launched for another wonder drug to deal with the Type II diabetes problem.

Cure versus Treatment

This new, ideal wonder drug would be effective, like insulin, in remitting obvious adverse symptoms of the disease *but not effective in curing the underlying disease*. Thus it would need to be taken continually for the remaining life of the patient. It would have to be a patentable drug because natural medication is not patentable. Like insulin, it would have to be cheap to manufacture and distribute. Mandatory government approvals would be required to stimulate physicians to prescribe it as a prescription drug. Testing required for these approvals would have to be enormously expensive to prevent other new medications from becoming competitive.

Additionally, natural medications that actually *cure* disease would have to be suppressed. The more effective they were, the more they would need to be suppressed and their proponents jailed as quacks. After all, it wouldn't be very profitable for big pharma if diseases could be cured with cheap alternative methods.

This is the origin of the classic medical protocol of "treating the symptoms". By doing this, both the drug company and the doctor could prosper in business, and the patient, while not being cured of his disease, would just be temporarily relieved of some of his symptoms.

In many cases natural methods work better than most drugs prescribed by doctors. This is why the force of law has been and is being used to drive the natural, often superior, medicines from the marketplace, to remove the word "cure" from the medical vocabulary and to undermine the very concept of a free marketplace in the medical business.

Now it is clear why the "cure" word is so vigorously suppressed by law. The FDA has extensive Orwellian regulations that prohibit the use of the "cure" word to describe any competing medicine or natural substance. It is precisely because many natural substances do actually both cure and prevent disease that this word has become so frightening to the drug companies and mainstream medical community.

The Commercial Value of Symptoms

After the drug development policy was redesigned to focus on relieving symptoms rather than curing disease, it became necessary to reinvent the way drugs were marketed. This was done in 1949 in the midst of a major epidemic of insulin-resistant diabetes.

So in 1949, the US medical community reclassified the symptoms of diabetes along with many other disease symptoms into diseases in their own right. With this reclassification as the new basis for diagnosis, competing medical specialty groups quickly seized upon related groups of symptoms as their own proprietary symptoms set.

Thus the heart specialist, endocrinologist, allergist, kidney specialist and many others started to treat the symptoms for which they felt responsible. As the underlying cause of the disease was widely ignored, all focus on actually curing anything was completely lost. Instead of treating the cause of all these problems, they were broken down and treated separately by themselves.

Heart failure, for example, which had previously been understood often to be but a symptom of diabetes, now became a disease not directly connected to diabetes. It became fashionable to think that diabetes "increased cardiovascular risk". The causal role of a failed blood-sugar control system in heart failure became obscured.

Consistent with the new medical paradigm, none of the treatments offered by the heart specialist actually cures, or is even intended to cure, their proprietary disease. For example, the three-year survival rate for bypass surgery is almost exactly the same as when no surgery is undertaken.

Today, over half of the people in America suffer from one or more symptoms of this disease. In its beginnings, it became well known to physicians as Type II diabetes, insulin-resistant diabetes, insulin resistance, adult-onset diabetes or more rarely, hyperinsulinaemia.

According to the American Heart Association, almost 50% of Americans suffer from one or more symptoms of this disease. Type II diabetes, also called adult-onset diabetes, now appears routinely in six-year-old children.

Many degenerative diseases can be traced to a massive failure of the endocrine system (the function of the hypothalamus, pituitary, thyroid, pancreas, adrenal, ovary/testes, and pineal glands which secrete various hormones and influence almost every cell, organ, and function of our bodies). This was well known to the physicians of the 1930s as insulin-resistant diabetes. This basic underlying disorder is known to be a derangement of the blood-sugar control system by badly engineered fats and oils. It is exacerbated and complicated by the widespread lack of other essential nutrition that the body needs to cope with the metabolic consequences of these poisons.

All fats and oils are not equal. Some are healthy and beneficial; many, commonly available in the supermarket and found in most foods, are poisonous. The health distinction is not between saturated and unsaturated, as the fats and oils industry would have us believe. Many saturated oils and fats are highly beneficial; many unsaturated oils are highly poisonous. The important health distinction is between *natural* and *engineered*.

There exists great dishonesty in advertising in the fats and oils industry. It is aimed at creating a market for cheap junk oils such as soy, cottonseed and rapeseed oils.

With an informed and aware public, these oils would have no market at all, and the USA—indeed, the world—would have far fewer cases of diabetes.

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Epidemiological Lifestyle Link

As early as 1901, efforts had been made to manufacture and sell food products by the use of automated factory machinery because of the immense profits that were possible. Most of the early efforts failed because people were inherently suspicious of food that wasn't farm fresh and because the technology was poor. As long as people were prosperous, suspicious food products made little headway. Crisco, the artificial shortening, was once given away free in 2 1⁄2 lb cans in an unsuccessful effort to influence American housewives to trust and buy the product in preference to lard.

Margarine was introduced and was bitterly opposed by the dairy states in the USA. With the advent of the Depression of the 1930s, margarine, Crisco and a host of other refined and hydrogenated products began to make significant penetration into the food markets of America. Support for dairy opposition to margarine faded during World War II because there wasn't enough butter for the needs of both the civilian population and the military. At this point, the dairy industry, having lost much support, simply accepted a diluted market share and concentrated on supplying the military.

Flax oils and fish oils, which were common in the stores and considered dietary staples before the American population became diseased, have disappeared from the shelf. The last supplier of flax oil to the major distribution chains was Archer Daniels Midland, and it stopped producing and supplying the product in 1950.

More recently, one of the most important of the remaining, genuinely beneficial fats was subjected to a massive media disinformation campaign that portrayed it as a saturated fat that causes heart failure. As a result, it has virtually disappeared from the supermarket shelves. Thus was coconut oil removed from the food chain and replaced with soy oil, cottonseed oil and rapeseed oil. Our parents and grandparents would never have swapped a fine, healthy oil like coconut oil for these cheap, junk refined and processed oils. It was shortly after this successful media blitz that the US populace lost its war on fat. For many years, coconut oil had been our most effective dietary weight-control agent.

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Mainstream Medical Treatment

After the diagnosis of diabetes, modern mainstream medical treatment consists of either oral hypoglycemic agents or insulin.

• **Oral hypoglycemic agents**
In 1955, oral hypoglycemic drugs were introduced. Currently available oral hypoglycemic agents fall into five classifications according to their biophysical mode of action. These classes are: biguanides; glucosidase inhibitors; meglitinides; sulphonylureas; and thiazolidinediones.

The *biguanides* lower blood sugar in three ways. They inhibit the liver's normal release of its glucose stores, they interfere with intestinal absorption of glucose from ingested carbohydrates, and they are said to increase peripheral uptake of glucose.

The *glucosidase inhibitors* are designed to inhibit the amylase enzymes produced by the pancreas and which are essential to the digestion of carbohydrates. The theory is that if the digestion of carbohydrates is inhibited, the blood sugar level cannot be elevated.

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• **Insulin**
Today, insulin is prescribed for both the Type I and Type II diabetics. Injectable insulin substitutes for the insulin that the body no longer produces. Of course, this treatment, while necessary for preserving the life of the Type I diabetic, is highly questionable when applied to the Type II diabetic.

It is important to note that neither insulin nor *any* of these oral hypoglycemic agents exerts any curative action whatsoever on any type of diabetes. None of these medical strategies is designed to normalize the cellular uptake of glucose by the cells that need it to power their activity.

The prognosis with these "modern" mainstream treatments is increasing disability and early death from heart or kidney failure or the failure of some other vital organ.

Alternative Medical Treatment

The only way to reverse this disease is to become informed and to apply an alternative methodology that is soundly based upon good science.

Effective alternative treatment that directly leads to a cure is available today for some Type I and for many Type II diabetics.

For the Type I diabetic, an alternative methodology for the treatment of Type I diabetes is now available. It was developed in modern hospitals in Madras, India, and subjected to rigorous double-blind studies to prove its efficacy. It operates to restore normal pancreatic *beta* cell function so that the pancreas can again produce insulin as it should. This approach apparently was capable of curing Type I diabetes in over 60% of the patients on whom it was tested. The major complication lies in whether the antigens that originally led to the autoimmune destruction of these beta cells have disappeared from or remain in the body. If they remain, a cure is less likely; if they have disappeared, the cure is more likely. For reasons already discussed, this methodology is not likely to appear in the United States any time soon, and certainly not in the American mainstream medical community.

The goal of any effective alternative program is to repair and restore the body's own blood-sugar control mechanism. It is the malfunctioning of this mechanism that, over time, directly causes all of the many debilitating symptoms that make regular treatment so financially rewarding for the diabetes industry. For Type II diabetes, the steps in the program are:

• **Repair the faulty blood sugar control system.** This is done simply by substituting the pristine looking but toxic trans-isomer mix of fats and oils found in attractive plastic containers on your supermarket shelves with clean, healthy, beneficial fats and oils. Consume only flax oil, hemp oil, coconut oil, fish oil and occasionally cod

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"So What do I do?"

Start eating the right foods, and avoiding the wrong ones.

How do you know which foods are good and which are bad? Well that's where our team at the International Council for Truth in Medicine comes in. We have scoured decades of scientific research and thousands upon thousands of studies that have examined foods, food additives, vitamins and minerals and we have combined this knowledge into our 7 Steps to Health guide.

How do you know it works? Unlike most drugs, pills, fad diets, and other useless crap sold to diabetics, our claims are scientifically proven - here are the results:

Our anti-diabetes eating plan is nearly TWICE as effective for lowering blood sugar as taking Metformin - the most widely prescribed drug to treat diabetes.

When scientists compared the American Diabetes Association diet (The one prescribed by most doctors and endorsed by the ADA) vs. the foods used in our eating plan, they found that it lowered cholesterol THREE times more effectively, and was THREE times more effective in treating and beating diabetes than the diet prescribed by the American diabetes association... still think they have your best interests at heart?

More research found how type 1 diabetics could lower their insulin medication by 40% and have their cholesterol drop 30%

Another study investigating various nutritional methods - uncovered how 74% of patients completely stopped the need for oral diabetes medication and 44% stopped the need for insulin after just a few weeks. That's what some people would call "completely cured" - again; without drugs, pills, surgery or injections.

It's not just diabetes that you can obliterate. Studies show how you can even lower your chance of dying from heart disease by 31%!

A study done nearly 50 years ago found that people who ate certain foods (which we talk about in detail further down in this book) had THREE times higher risk of stroke.

No drugs, pills, injections, surgery fad diets, powders, shakes, calorie counting, weird supplements, crazy exercises or living with the constant threat of prescription drug side effects. These amazing results - scientifically proven and guaranteed - all accomplished using foods found in any grocery store.

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(There are 4 more pages of scientific studies proving these miraculous results and showing exactly which foods destroy diabetes)

Simplifying Nutrition

Many of us think that we are well informed about nutrition, although in most cases we are not. We either jump on the no fat or high protein or low carb wagon, then embrace vitamin E or calcium supplements, and usually focus on one nutrient or extremely small aspect of nutrition thinking that we have unlocked the secret of good health. In recent years people have fallen for fad diet after fad diet, the Dr. Atkins or Protein Power craze, Paleo diets, the low fat diets, and countless other diets. But in reality there is increasing evidence that these modern diet fads especially the high protein diets continue to inflict a variety of dangerous health disorders. Most times, not knowing and not understanding nutrition can hurt us.

So why all this confusion? Well, far too often science tends to focus on very specific details while completely ignoring the whole or the larger picture. They put all their effort into one box, one specific nutrient or one very small aspect of the whole, whether it be vitamin E to treat heart disease or vitamin A to prevent cancer isolating specific biological parts of food trying to reach broad conclusions about diet and health. This can lead to contradictory results which confuse scientists and policy makers and end up in a very confused public.

What's the problem anyway? Is it fats? Is it the carbohydrates? Is it the protein? How many calories should I be eating? What's the ratio of nutrients that will make me lose weight fast? What vegetables should I be eating for my blood type? Am I eating the right supplements? If you are not exhausted, starving, or constipated from these ridiculous plans then you are probably having a major headache trying to count and measure the fats, carbs, protein, and calories.

This is not health, these are fad diets that are only meant to capitalize on your confusion and make billions of dollars. They are nothing but the worst of science and medicine. If you are looking for a quick fix, or some gimmicky monthly eating plan then maybe this book is not for you. I'm here to give you a much deeper understanding of your body and your health. There is a much easier and simpler way that will bring you more benefit than any fad diet, eating plan, drug or surgery ever can, without any side effects.

The evidence can no longer be ignored. The people in science or medicine who choose to turn the other way are being more than stubborn, they are being irresponsible. It is now known that even genetic predisposition is no match for diet. With proper nutrition, we can avoid these "genetic" diseases even though we may have a gene responsible for that disease. Cancer, diabetes, heart disease, Alzheimer's and many others all can be reversed with proper nutrition.

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Importance of Vitamins

Vitamin C

Two-time Nobel Prize winner Dr. Linus Pauling estimated that the rate of heart disease would be reduced by 80 per cent if adults in the US supplemented with 2,000 to 3,000 milligrams (mg) of vitamin C each day. As stated by Dr. Pauling, "Since vitamin C deficiency is the common cause of human heart disease, vitamin C supplementation is the universal treatment for this disease." In the US, heart disease is the number one killer. Dr. Pauling said that for those with existing heart disease the blockage of heart arteries could actually be reversed by supplementing with 6,000 mg of vitamin C and 6,000 mg of lysine (a common amino acid) taken in divided doses throughout the day. Vitamin C supplementation both lowers serum cholesterol levels and repairs lesions of arterial walls.

1998 Nobel Prize winner Dr. Louis J. Ignarro proved that supplementing with vitamin C and vitamin E significantly reduces the risk of developing arteriosclerosis.

One study looked at Vitamin E and Vitamin C supplementation in relation to mortality risk in 11,178 people aged 67-105 who participated in the Established Populations for Epidemiologic Studies of the Elderly over a nine year period. The use of vitamins E and C simultaneously was associated with a lower risk of total mortality and coronary mortality.

In a massive study following over 85,000 nurses over a long 16-year period with a combined total of 1,240,000 person-years revealed that vitamin C supplementation significantly reduced the risk of heart disease. They found that the intake of vitamin C from food alone was insufficient to significantly affect the rate of heart disease. It was essential to supplement with high quantities of the vitamin itself to notice the protective effects.

Pooled data from nine international prospective studies with 293,000 people, that included information on intakes of vitamin E, carotenoids, and vitamin C, with a 10-year follow-up to check for major incidents of coronary heart disease. Intake of antioxidants in the diet was only weakly related to reduced coronary heart disease risk. On the other hand, subjects who took as little as

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Vitamin D – The Sunshine Vitamin

Vitamin D is the sunshine vitamin that is one of the oldest hormones on the planet and has been traced back 750 million years, being made by some of the oldest bacteria on earth. Vitamin D is made from something which many people are so keen on reducing; cholesterol! You skin absorbs ultraviolet radiation and with the help of cholesterol turns into vitamin D. Your body can never make too much vitamin D from the sun because a clever system is present which works to destroy any excess vitamin D that may be made.

In 2006, CNN ran a headline news story that stated a massive study proves that vitamin D terminates 50% of all cancers. Since most of the funding for TV comes from pharmaceutical companies, the story was quickly buried. I'm guessing you have never heard of this study, so here it is:

http://edition.cnn.com/2005/HEALTH/12/28/vitamin.cancer.study/

Lets imagine that there was a drug that eliminated 50% of all cancers; it would be worth billions of dollars, it would be on television, radio, newspapers, and magazines all over the world. So here we had CNN with the hottest story of the 21st century, and because of the revenues from pharmaceutical companies the story was buried. Again and again you see how much they really care about you.

75% of breast and colon cancer deaths can be prevented with vitamin D3 and calcium - *Moores Cancer Center and Department of Family and Preventive Medicine, UC San Diego*

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Other vitamins with enormous beneficial health effects covered: Coral calcium , Vitamin B17, Vitamin E and its heart disease preventative properties.

Chromium

"....Almost 50 years ago the mineral chromium was established as an essential nutrient at the federal offices of the National Institutes of Health by Dr. Klaus Schwarz. It was precisely for its role in blood sugar metabolism that this trace element chromium was established as essential.
A molecule named Glucose Tolerance Factor (GTF) that corrected abnormal sugar metabolism was found to be composed primarily of the mineral chromium. Dr. Walter Mertz, then an assistant to **Dr. Schwarz, reportedly noted at that time in 1959 "Type II diabetes is not a disease. It is the lack of a natural ingredient, known as GTF Chromium."....**

....Chromium works together with insulin in providing sugar to the cells for energy. If chromium levels decrease then sugar delivery to the cells from insulin decrease accordingly.

Modern medical terms such as "insulin resistance" and "insulin sensitivity" should be replaced by "gross chromium deficiency". It is not that insulin is "resistant" or lacks "sensitivity," but rather that insulin is lacking a vital – in fact essential – component for sugar metabolism that is this mineral chromium.

Insulin is a transport mechanism. It is like a truck that transports glucose to the cell. At the cell destination there is an insulin receptor site that is comparable to a loading dock. This is where the glucose is unloaded and passed into the cell. Chromium rich GTF molecules are in essence dock workers that assist the sugar (glucose) from the insulin "truck" at the insulin receptor site "loading dock" into the cell. If there are less and less GTF chromium "dock workers" then the work of providing sugar to the cells for energy slows and becomes unproductive. A traffic jam of insulin "trucks" in the blood stream results in higher and higher levels of blood sugar as the problem of chromium deficiency increases with the passing of time.

Whole wheat and raw sugar from sugar cane are rich in chromium. **The refining of whole wheat into bleached, white flour removes 91 per cent of that chromium. The refining of raw sugar into white sugar removes 98 per cent of that chromium. [This is why raw foods, even some high in sugar content, are perfectly healthy due to the added minerals, vitamins, and enzymes which are perfectly balanced to that specific food, helping it digest and absorb flawlessly into your body. As soon as any food is refined or cooked it loses some, or all, of the required elements and thus becomes not as beneficial as it was before]**

The refined flour and refined sugar are quickly reduced in the body into simple sugars that require chromium to be efficiently metabolized – chromium that is

substantially no longer there. The most important component for your body to use the refined flour and refined sugar is very nearly entirely removed. This turns foods wholly good for you into those which are essentially unholy foods to you.

Quite literally every time you consume a refined, white flour or refined, white sugar product your body loses chromium.

If we were to eat raw organic foods and sprouted grains that grew without pesticides or GMO on clean mineral rich natural soil, we would be eating so many natural vitamins, nutrients, enzymes, and minerals that there physically would be no disease in our bodies. It would be biologically impossible to get any disease (unless of course deliberately). There would also be no need for "natural cures" or "vaccines" or packaged vitamins since we would be getting them all from our food. Nature is perfect, and any meddling with perfection looses that perfection.

Dr. Henry Alfred Schroeder, M.D., Ph.D., graduate of Columbia and Yale, and professor at Dartmouth medical school wrote more than 30 years ago that "the typical American diet, with about 60 per cent of its calories from refined sugar, refined flour, and fat … was apparently designed not only to provide as little chromium as feasible, but to cause depletion of body stores of chromium."

Dr. Schroeder compared tissue levels of chromium in teenagers and those 40 years of age in Americans to those of three other cultures that did not follow after Westernized dietary choices in Mideast, southeast Asian, and African communities. He discovered very little change in the non-American cultures but dramatic decreases in Americans. **Almost 25 per cent of Americans had no detectable levels of chromium at all by the age of 40!** That was more than 30 years ago and things have not gotten any better – if anything things are worse.

========== end of chapter preview ==========

Cinnamon

A 12-week London study was recently conducted involving 58 type 2 diabetics with hemoglobin A1c (HbA1c) levels over 7 percent. Hemoglobin A1c is a marker for long-term glycemic control in diabetics.

After 12 weeks on 2g of cinnamon per day, study subjects had significantly lower HbA1c levels, as well as significantly reduced blood pressures (systolic, SBP and diastolic, DBP).

The researchers' conclusion:
"Intake of 2g of cinnamon for 12 weeks significantly reduces the HbA1c, SBP and DBP among poorly controlled type 2 diabetes patients. Cinnamon supplementation

could be considered as an additional dietary supplement option to regulate blood glucose and blood pressure levels along with conventional medications to treat type 2 diabetes mellitus."

Among this spice's most impressive health benefits is its impact on blood sugar and ability to improve glucose control.

For example, just half a teaspoon of cinnamon a day has previously been shown to significantly reduce blood sugar levels, triglycerides, LDL (bad) cholesterol, and total cholesterol levels in people with type 2 diabetes.

Another study found that the spice increased glucose metabolism by about 20 times, which would significantly improve your ability to regulate blood sugar. Cinnamon has even previously been indicated as a potential insulin substitute for those with type 2 diabetes due to a bioactive component with "insulin-like" effects.

Interestingly, cinnamon lowers your blood sugar by acting on several different levels.

It slows the emptying of your stomach to reduce sharp rises in blood sugar following meals, and improves the effectiveness, or sensitivity, of insulin.

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30 Day Diabetes Plan

Almost every single person who has dedicated 30 days to this protocol has seen their diabetes completely disappear. Take the 30 day challenge and watch your diabetes melt away. You must follow this protocol exactly as written if you want to get rid of your diabetes in 30 days, no exceptions. If you are unable to do everything, then your results might come a little slower, and it might take 2-6 months.

Before I describe the plan, there are a few assumptions I make:

- You don't smoke or chew tobacco
- You don't drink soda/soft drinks or eat at fast food restaurants
- You don't use recreational drugs
- You don't drink alcohol
- You don't drink more than a cup of coffee a day

If you do any of these things you are creating the perfect environment for the development of diabetes, and thus I highly recommend you avoid them.

The list below is pretty much the **absolute best** that you can possibly do to destroy diabetes fast. If you decide to implement everything that is written, then you are a true warrior of your health, you will see the results quicker than anyone, and you will achieve a healthy glowing and beautiful body in no time. For some it may not be as easy so please remember to take it slow and do what you feel is best for you. Start slowly, see and feel the result, then continue to add further changes. Do what you can, as best you can, you don't have to overwhelm yourself.

For you to reap the full benefits of your health and wellbeing, never get sick or develop disease, the following list should become a lifestyle commitment and not just a temporary measure.

1. No junk fats. This is the main reason why diabetes occurs. You must never eat trans fats, hydrogenated fats, fried or heavily processed fats, canola oil, soy oil, margarine, crisco, etc. (You can learn more about these fats and how to avoid them in the full 7 Steps to Health book)

2. No white foods. This includes sugar, white flour, white pasta, gluten containing grains, potatoes, as well as yeast. Many celebrities including Cameron Diaz and Oprah have endorsed this diet because of the toxic effects these ingredients have on our bodies. The only sweeteners that are actually good for you are raw coconut crystals, stevia, raw agave powder, and raw honey - you can eat as much of them as you like.

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Yes Foods

The following foods are a diabetes fighting arsenal and you can eat them as much as you like.

1. Raw, whole, fresh fruits and vegetables. The easiest way to stay healthy is to pack your meals with at least 50% raw foods. Every meal should be at least half made of raw fruits or vegetables. Spinach, kale, broccoli, cauliflower, cucumbers, tomatoes, peppers, radishes, squash, carrots, leeks, sprouts etc. Buy them organic if you can.

2. Good Fats and Oils. The only oils that should go anywhere near your plate are flax oil, hemp oil, coconut oil, and some olive oil due to the fact that your cells walls are hard, rigid, and don't allow nutrients, insulin, or oxygen to flow in and out. If you want to get rid of diabetes and other diseases, you must never consume trans fats, hydrogenated fats, and regular vegetable oils like canola or soy. This includes all regular pastries, cakes, cookies, fast foods, pre-packaged foods, TV dinners, and mostly everything found in a grocery store. This is the reason the diabetes epidemic grows exponentially in our country, because there is simply no good fats found in our foods. **Good fats and oils are your main weapon against diabetes!**

3. Sprouted, gluten and yeast free breads. Ezekiel and Genesis brands have a great lineup of sprouted and gluten free breads. Find some raw butter and you have a

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Supplements - Spread them evenly throughout the day

Green Superfood Powder - Add a scoop to your smoothies every day
Vitamin C - 5 grams of the regular ascorbic acid kind daily, **not** the Ester-C brand (l-Lysine and l-Proline have been found to stimulate the effects of vitamin C)
Vitamin E - 800 IU daily
Vitamin D3 - 6000 IU daily
Vitamin B12 - 1000 mcg daily

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Sample Health Schedule

The first few week are the most important where you want to see the results and begin to feel the changes in your body. The most important things you can do in the first few weeks are as follows. These are absolutely essential to begin your path to great health:

- Drink 500ml (16oz) of clean filtered water as soon as you wake up and get as close to 2 liters (half a gallon) as you can throughout the day

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Remember, you don't have to change everything; just whatever you feel is right for you. It is better to change a couple things and stick with them rather than change everything, get frustrated and just quit altogether.

The following is a sample monthly breakdown of what you may find yourself doing to achieve total health. Again, add things slowly, one at a time, get accustomed to the changes, and when you begin to see a brand new healthy body in the mirror your confidence in your new life will skyrocket!

Month 1-2:

- Supplement your diet with vitamins (Vitamin C – 5-10 grams, vitamin E - 800 IU, B complex), and minerals (marine grade Okinawan coral calcium, selenium – 100 micrograms, iodine, vitamin D minimum 5000 IU).

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End of the preview book.

I truly hope that we opened your eyes to the dysfunctional medical system and the great alternatives to it. There are 350 more pages of life changing health information that we would like to share with you. Full of scientific studies, nutrition tips, insider information and the exact steps to take so you can stop treating your diabetes, and finally start beating it.

If you are tired of popping pills, living with the risk of toe amputations, blindness, greatly increased risk of developing cancer, heart disease, stroke, high cholesterol, and would like to discover in detail the exact steps tens of thousands of people all around the world have taken to destroy their diabetes, then order the full version of our book and begin to get your health back on track.

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